

Curtido Salvadoreño (Cabbage Salad)

Rating: ★★★★★

Makes: 8 servings

Ingredients

1 head of cabbage (chopped)
2 carrot (small, grated)
1 onion (small)
1/2 **teaspoon** dried red pepper (optional)
1/2 **teaspoon** oregano
1 **teaspoon** olive oil
1 **teaspoon** salt
1 **teaspoon** brown sugar
1/4 **cup** vinegar
1/2 **cup** water

Directions

1. Blanch the cabbage with boiling water for 1 minute. Discard the water.
2. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.
3. Place in the refrigerator for at least 2 hours before serving.

National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	45	
Total Fat	0.5 g	1%
Protein	2 g	
Carbohydrates	9 g	3%
Dietary Fiber	3 g	12%
Saturated Fat	0 g	0%
Sodium	320 mg	13%